Joliet Central

(815)351-8558

September 2026 Menu

Meals on Wheels FOR NORTHERN ILLINOIS
COMMUNITY & NUTRITION SERVICES FOR SENIORS

Marcala Watson

7:30 -3:30
Suggested Donation: $5.00

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Italian Sausage/ Marinara Scalloped Potatoes Brussels Sprouts Whole Wheat Sausage Roll Fresh Melon	2 BBQ Pulled Chicken Cheddar Mashed Potatoes Broccol Whole Wheat Sandwich Bun Chilled Pears	3 Dilled Tuna Salad Garbanzo/ Kidney Bean Salad Whole Wheat Kaiser Roll Fruit Cup	4 Chicken Provencal Brown Rice Florentine Country Blend Vegetables Mulit-Grain Bread Whole Orange
7 CLOSED	8 Kielbasa, Beef Dilled Pototoes Baked Bean Casserole Marble Rye Bread Fruit Cup	9 Eggs Lorraine Potatoes O'Brien Cinnamon Apples Blueberry Muffin Whole Orange	10 Baked Meatloaf/ Gravy Mashed Potatoes Carrots and Chives Multi-Grain Dinner Roll Chilled Peaches	11 Southern Breaded Fish Filet Au Gratin Potatoes Peas Mulit-Grain Bread Applesauce
14 Meatballs Marinara Sub Potatoes Italiano Italian Green Beans Whole Wheat French Roll Whole Orange	15 Salisbury Steak & Gravy Mashed Potatoes Cabbage and Carrots Mulit-Grain Bread Fresh Melon	16 Pepperoni Pizza Calzone Broccoli Sicilian Blend Vegetables Mixed Salad Greens Mixed Fruit	17 Lemon Basil Chicken Garden Vegetables Corn and Black beans Multi-Grain Dinner Roll Applesauce	18 Roasted Turkey and Cheddar Pea Salad Pineapple Tid Bits Whole Wheat Kaiser Roll
21 Chicken ala Orange Brown Rice Vegetable Pilaf Beans, Great Northern Muffin, Raisin Bran Chilled Peaches	22 Beef, Roasted French Dip Oven Fries Sweet Corn Whole Wheat French Roll Whole Apple	23 Classic Lasagna Squash Medley Italian Green Beans Whole Wheat Vienna Bread Chilled Pears	24 Surimi Crab Salad Mixed Salad Greens Cucumber Salad Multi-Grain Dinner Roll Fruit Cup	25 All Beef Hot Dog Twice Baked Potato Casserole Peas and Carrots Whole Wheat Hot Dog Bun Banana
28 BBQ Riblet Sweet Potato Mashed Chef Choice Vegetable Whole Wheat Sandwich Bun Strawberry Yogurt	29 Hamburger Baked Bean Casserole Mixed Vegetables Whole Wheat Bun Mandarin Orange Jello	30 BLT Chicken Salad Mixed Salad Greens Tri Bean Salad Corn Bread Mandarin Oranges		

MENU SUBJECT TO CHANGE DUE TO AVAILABILTY OF ITEMS

AgeGuide NORTHEASTERN ILLINOIS

Funding is provided in whole or in part by AgeGuide Northeastern Illinois, and the Illinois Department on Aging through the Older Americans Act. Meals on Wheels for Northern Illinois does not discriminate based on race, color, national origin, age, disability, sex, gender identity, sexual orientation, religion, or any protected status. Reasonable accommodations and language assistance are available upon request.

For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, **REFRIGERATE IT RIGHT AWAY!** Do not leave it sitting out.

Each meal is served with milk.